

## Adult

### Yoga Booty Ballet Demo Class



Come out and try this amazing fitness program before the class starts! We're confident that you'll love it!

Instructor: OC Dance Productions

Fee: \$5 – Resident  
\$10 – Non-Resident  
(one-time session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2414 18 & up Sep 12 Mon 6:30-7:30 pm**

### Yoga Booty Ballet

Come join the dance party! This dance workout is a fun, spirited way to get a great workout burning over 400 calories. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone and then conclude with relaxing yoga. Make sure you reserve your spot early as classes do fill up! *For more information on Orange County Dance Productions and Yoga Booty Ballet please visit [OCDanceProductions.com](http://OCDanceProductions.com).*

Instructor: OC Dance Productions

Fee: \$94 – Resident  
\$99 – Non-Resident  
(8-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2415 18 & up Sep 19-Nov 7\* Mon 6:30-7:30 pm**  
**\*No class 10/31**

### Adult Open Gym Volleyball

Come on down to the Saddleback Valley Volleyball Club training facility for some action-packed games and excitement during their adult open gym hours. All skill levels are welcome, so whether you're a beginner or a pro, you'll get a great workout while playing this fantastic sport.

Instructor: S.V.V.C. staff

Fee: \$30 – Resident  
\$35 – Non-Resident  
(6-week sessions)

Location: Saddleback Valley Volleyball Club  
(26923 Fuerte Dr.)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2416 18 & up Sep 16-Oct 21 Fri 7:30-11:00 pm**  
**Act#: 2417 18 & up Oct 28-Dec 2 Fri 7:30-11:00 pm**

### Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident  
\$130 – Non-Resident  
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 2418</b>	<b>Adult</b>	<b>Beg</b>	<b>Sep 17-Oct 15</b>	<b>Sat</b>	<b>10:15-11:15 am</b>
<b>Act#: 2419</b>	<b>Adult</b>	<b>Int</b>	<b>Sep 17-Oct 15</b>	<b>Sat</b>	<b>11:30 am-12:30 pm</b>
<b>Act#: 2420</b>	<b>Adult</b>	<b>Adv</b>	<b>Sep 17-Oct 15</b>	<b>Sat</b>	<b>9:00-10:00 am</b>
<b>Act#: 2421</b>	<b>Adult</b>	<b>Beg</b>	<b>Nov 5-Dec 3</b>	<b>Sat</b>	<b>10:15-11:15 am</b>
<b>Act#: 2422</b>	<b>Adult</b>	<b>Int</b>	<b>Nov 5-Dec 3</b>	<b>Sat</b>	<b>11:30 am-12:30 pm</b>
<b>Act#: 2423</b>	<b>Adult</b>	<b>Adv</b>	<b>Nov 5-Dec 3</b>	<b>Sat</b>	<b>9:00-10:00 am</b>

### Floral Design Workshops

Learn how to create artistic flower arrangements like a professional designer. These classes focus on basic floral design skills along with an introduction to design tools, flower descriptions and seasonal availability. Each student will create a beautiful flower arrangement using colors and flowers of the season. Floral Art for Fall workshop will create a beautiful centerpiece for a Thanksgiving table while the Christmas Wreath workshop will create festive holiday wreaths with fresh flowers, decorative ribbon and holiday embellishments. Students need to bring floral shears, wire cutters and scissors to class. Note: The flower arrangements retail for approximately \$85 and will be taken home by the students.

Instructor: Theresa Hoefnagels

Fee: \$30 – Resident  
\$35 – Non-Resident  
(1-day workshop)

Materials Fee: An additional cash-only materials fee of \$40 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 2424</b>	<b>Fall Floral Art</b>	<b>Adult</b>	<b>Nov 23</b>	<b>Wed</b>	<b>6:00-7:30 pm</b>
<b>Act#: 2425</b>	<b>Christmas Wreath</b>	<b>Adult</b>	<b>Dec 7</b>	<b>Wed</b>	<b>6:00-7:30 pm</b>

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 27-28 for more info.

## Drums of Africa

This unique course is an introduction to the West African djembe ensemble and its rich traditions, cultural aspects and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of traditional as well as contemporary popular hand drumming. Instructor provides drums and you may bring your own djembe.

Instructor: George Medlock

Fee: \$64 – Resident  
\$69 – Non-Resident  
(5-week sessions)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2426	<b>18 &amp; up</b>	<b>Sep 12-Oct 10</b>	<b>Mon</b>	<b>6:00-7:15 pm</b>
<b>Act#:</b> 2427	<b>18 &amp; up</b>	<b>Oct 17-Nov 14</b>	<b>Mon</b>	<b>6:00-7:15 pm</b>

## Kung Fu: Self-Defense

Over the course of 8 structured classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system that can save people's lives. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. **Free demo classes will be held on Monday, September 5 at 7:00 pm and Tuesday, September 6 at 6:00 pm. To register for demo class, please call 351-8493 as space is limited.**

In order to insure quality instruction and comfort, there is a **15-student limit** for this class. CLASSES MEET TWICE A WEEK.

Instructors: Mathew Carver and Paul Bennett

Fee: \$50 per participant –Resident  
\$55 per participant – Non-Resident  
(4-week session; attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts (22762 Aspan St #207) [www.laukunedo.com](http://www.laukunedo.com)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: Lau Kune Do Temple of Martial Arts at 351-8493**

<b>Act#:</b> 2428	<b>Adult</b>	<b>Sep 12-Oct 5</b>	<b>Mon/Wed</b>	<b>10:00 -11:00 am</b>
<b>Act#:</b> 2429	<b>Adult</b>	<b>Sep 12-Oct 5</b>	<b>Mon/Wed</b>	<b>7:00-8:00 pm</b>
<b>Act#:</b> 2430	<b>Adult</b>	<b>Sep 13-Oct 6</b>	<b>Tue/Thu</b>	<b>6:00-7:00 pm</b>

## Tai Chi: Relaxation, Balance and Stress Reduction

Over the course of 8 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a **15-student limit** for this class. **Free demo classes will be held on Monday, September 5<sup>th</sup> at 6:00 pm and Tuesday, September 6<sup>th</sup> at 7:00 pm. To register for demo class, please call 351-8493 as space is limited.**

Instructors: Mathew Carver

Fee: \$50 – Resident  
\$55 – Non-Resident  
(4-week session-attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St #207) [www.laukunedo.com](http://www.laukunedo.com)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: Lau Kune Do Temple of Martial Arts at 351-8493**

<b>Act#:</b> 2431	<b>Adult</b>	<b>Sep 12-Oct 5</b>	<b>Mon/Wed</b>	<b>6:00-7:00 pm</b>
<b>Act#:</b> 2432	<b>Adult</b>	<b>Sep 12-Oct 5</b>	<b>Mon/Wed</b>	<b>9:00-10:00 am</b>
<b>Act#:</b> 2433	<b>Adult</b>	<b>Sep 13-Oct 6</b>	<b>Tue/Thu</b>	<b>7:00-8:00 pm</b>

## Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2434	<b>16 yrs &amp; up</b>	<b>Sep 24-Nov 12</b>	<b>Beg Sat</b>	<b>9:00-10:00 am</b>
<b>Act#:</b> 2435	<b>16 yrs &amp; up</b>	<b>Sep 24-Nov 12</b>	<b>Int Sat</b>	<b>10:00-11:00 am</b>

### Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Fall programs too!



### Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!